"About us"

My name is Darina and I am 33 years old. I am a wonderful wife and mother of two children. It is not difficult to imagine how problematic it is in the modern world to limit the consumption of sweets and unhealthy desserts when there are two children in the house.

The constant consumption of unhealthy foods inevitably leads to numerous health problems. This is exactly what prompted 5 years ago to start changing their usual diet to a new one, in which there is no place for synthetic sugar, gluten, and animal products. This is the history of the creation of our confectionery.

To be honest, like my family, I am a big sweet tooth. I thought for a long time and hardly realized that when switching to an absolutely new diet, when I exclude synthetic and even organic sugar, a big question will arise: how to deal with this?

And this already concerned not only me but my whole family - husband, son, daughter. There was panic, it seemed that the house would no longer smell of pies, you can forget about pastries and warm family gatherings with tea. Now I can't put a birthday cake with candles on the table for my birthday.

Such thoughts prompted the creation of healthy sweets and, subsequently, the opening of a confectionery!

What is our uniqueness?

The purchased sweets from the store were not at all what we needed. Or they are sugar-free, but with gluten, if gluten-free, then with yeast or eggs, instead of white sugar, they put the supposedly more useful cane sugar, but we know that it does not differ much in harmfulness from white.

It was decided to start making their own sweets. I can cook, I used to make a lot of ordinary sweets and desserts with sugar, so it was not so scary to start implementing a new idea. The first sweets were very simple, nothing supernatural, but then I decided to delve deeper into the process and create something more complex and sophisticated. The prepared products turned out to be very tasty. It became less scary for me to spend evenings with a mug of tea because now I could eat chocolate candy or even a bun and not worry about my figure or health problems.

I always cook a lot, sometimes not even counting on the fact that there are only three people in our family who are not always able to eat everything. Only high-quality good products were used, so it was a pity to throw away such wonderful desserts, and I treated them to my neighbors, invited more guests to our house for tea with lemon and my masterpieces. Later I realized that these were masterpieces. Positive feedback from my neighbors and friends, frequent orders to cook something delicious for them personally pushed me to create a large number of new recipes.

However, the most important incident that pushed me to work was a comment from a mother whose son suffered from severe diabetes but was very fond of sweets. She told me that my desserts made her son feel much better. He stopped eating a lot and seized boredom or sadness. The boy was incredibly transformed for the better by giving up unhealthy desserts in favor of what I cooked for them. It happened in less than a week! This case is not the only one, but it sunk into my soul. But just imagine how many people suffer from poor nutrition, habits, and hormonal cravings for sweets.

My pastry shop was created for those who, like me, understand the seriousness of the destruction of our body due to the use of synthetic sugar and poor quality gluten. My goal is to reach out to everyone who is looking for salvation like I did before.

Most of the time it took me to create desserts was choosing a sugar substitute. Through trial and error, I realized that the products from the store were not suitable. Almost all syrups and even honey are made with added sugar. This harmful substance is contained in many products, even on the labels of which there is no indication of its presence. I determine by myself since I am allergic to synthetic sugar, it is immediately visible when it enters the body. I began to approach the choice of products more rigidly, I was looking for options for a long time. Found it! Hooray! And it was ideal not only for our family, but also for many people, like me, who suffer from allergies, intolerances, or who simply want to stay healthy.

The uniqueness of our sweetener!

Jerusalem artichoke syrup. Surely many connoisseurs of healthy eating already know about it. Jerusalem artichoke syrup is the most harmless way to make dessert sweet without using white sugar. It has a low glycemic index, does not contain fructose, and tastes like honey.

I began to use it, I stopped worrying about the health of my family and friends. The sweeteners I use are organic Jerusalem artichoke syrup, organic dates, organic honey.

 I do not just write the word "organic". I am very attentive to the quality of the food we eat. After all, this is incredibly important. And I understand very well that in our time corporations do not think about people, they think about money and are not worried about what to put in customers mouths. I write this and feel pain, because I want all the people of this world to be as healthy as possible and live to enjoy the beauty, and not think about how to get to the doctor.

When I started changing myself and my lifestyle, improving the quality of my family's nutrition, I thought about you. After all, I can bring into this world a piece of something healthy, correct, good, and take care of you as of my family!

With love in my heart, I do the best for you!

SNEAKERS CAKE

This dessert combines a delicate coconut aftertaste with the mild honey flavor of Jerusalem artichoke syrup. In addition to healthy coconut milk, the most delicate cream contains cashew nuts, crushed to powder. Roasted salted peanuts are under the sweet caramel layer, they perfectly harmonize and complement each other. The soft and delicate chocolate layer is composed of cocoa, butter, and coconut milk, while the crunchy base is composed of a mixture of coconut and almond flour. Remember to defrost the dessert beforehand to soften the layers.

 AVOCADO CAKE

The dessert, which amazes with its unusual taste, contains raw sunflower and pumpkin seeds, as well as dates, which fill the whole product with sweetness. Not without a subtle coconut flavor, thanks to the coconut milk and shavings that permeate the entire cake. The creamy texture of avocado with lime and Jerusalem artichoke syrup will never be forgotten! This cake will become your favorite, as it has already become for many buyers. Remember to defrost the dessert beforehand to soften the layers.

NUT-BERRY CAKE

The chocolate-nut base matches perfectly with the berry cream. These two ingredients seem to be made for each other and for this dessert. After long cooking procedures, cashews become creamy and acquire a delicate texture, berries complement the taste and turn this cake into an unforgettable dessert. It is made in layers and the last one is cashew, covered with chocolate and Jerusalem artichoke syrup. Remember to defrost the dessert beforehand to soften the layers.

SAND COOKIES WITH ALMONDS

This light dessert is perfect for family tea or coffee breaks between chores at work. Delicate shortcrust pastry made from almond-coconut flour. The sweet creamy filling of fried sunflower seeds will please even the most sophisticated sweet tooth. You definitely won't be able to resist this combination. Shortcrust pastry, delicate cream filling, and dark chocolate icing will not leave anyone indifferent. The cookies retain their texture and perfectly reveal their taste.